

CLAIMS

1. A method for performing a repetitive resistance exercise comprised of a plurality of repetitions wherein during a single repetition of the resistance exercise an exercisor exerts an applied force in opposition to an oscillating resistive force through a distance defining a range of motion.
2. A device for performing a repetitive resistance exercise wherein a single repetition of the resistance exercise consists of an exercisor exerting an applied force in opposition to a resistive force through a distance defining a range of motion, the device comprising: (a) resistive force means operable for providing an oscillatory resistive force that varies in magnitude and/or direction a plurality of times during a single repetition; and (b) contact means in mechanical connection to said resistive force means, said contact means being operable for receiving a portion of the body of the exercisor and enabling the exercisor to exert an applied force with said body portion in opposition to said resistive force through said range of motion.
3. The device for performing a repetitive resistance exercise in accordance with Claim 2 wherein said first resistive force means comprises a weight connected to said contact means by a cable.
4. The device for performing a repetitive resistance exercise in accordance with Claim 3 wherein said cable passes over a lead pulley rotatably mounted on an axle of rotation disposed between said first resistive force means and said contact

1 means and wherein said lead pulley is operable for moving said cable in a
2 direction that is parallel to the axis of rotation of said lead pulley a plurality of
3 times during a repetition.

4 **5.** The device for performing a repetitive resistance exercise in accordance with
5 Claim 4 wherein said lead pulley lies in a plane that is tilted with respect to said
6 axis of rotation of said lead pulley.

7 **6.** The device for performing a repetitive resistance exercise in accordance with
8 Claim 4 wherein said lead pulley is cam-shaped.

9 **7.** The device for performing a repetitive resistance exercise in accordance with
10 Claim 5 wherein said lead pulley is cam-shaped.

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